What is PTSD?

Post-traumatic stress disorder, or PTSD, is a mental health condition that some people develop after they see or experience a traumatic event.

7 to 8% of the U.S. population will have PTSD at some point in their lives.

What it's like to have PTSD may be different for everyone.

There are four types of PTSD symptoms.

**RELIVING OR RE-EXPERIENCING THE EVENT**
- Nightmares
- Triggers
- Flashbacks (unwanted replays of the event)

**AVOIDANCE**
- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event

**HYPERAROUSAL OR BEING ON GUARD**
- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable

**NEGATIVE CHANGES IN BELIEFS AND FEELINGS**
- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

Do you have PTSD Symptoms? Speak to your Social Worker or call SAMHSA’s National Hotline: 1-800-662-4357